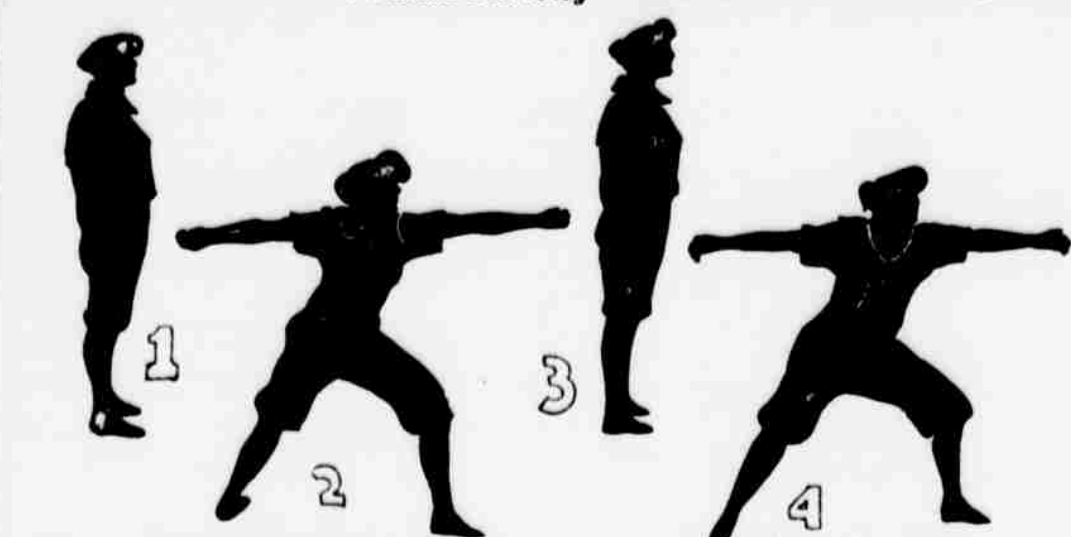


Obesity Reducing Exercises for Women Presented in a Series of Handy Charts

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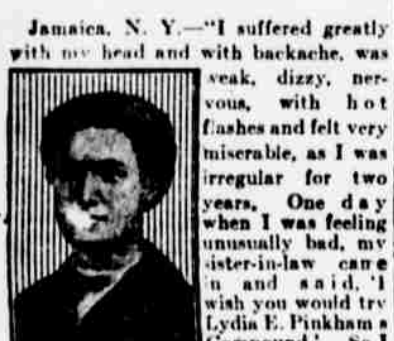
Arranged by **CHART NO. 39** *Pauline Furlong* **OBSESITY REDUCTION**



FENCING MOVEMENT—REDUCES ABDOMEN AND FAT ON SHOULDER.
FIRST—Stand with feet together, arms hanging at sides.
SECOND—Bend body with a lunge forward, bending right leg at knee, and reach out with right arm, feet clenched as though you were holding a sword. Left arm should be outstretched to the back. Arms should form an oblique line.
THIRD—Return to upright starting position and relax a second.
FOURTH—Bend body and lunge forward with the left arm, left knee bent. Return to position and repeat the exercise five times with each lunge.
 Send two-cent stamp to Miss Furlong, Evening World, No. 63 Park Row, New York City, for each and every back number of charts desired, but order paper of your newspaper in advance to insure obtaining complete set. Letters not over 250 words in length. Miss Furlong will answer on days alternating between publication of charts. Send five-cent article heading on obesity reduction.
CHART NO. 40 WILL BE PRINTED IN THE EVENING WORLD MONDAY.

WOMAN WEAK, DIZZY, NERVOUS

Health Restored by Lydia E. Pinkham's Vegetable Compound.



Jamaica, N. Y.—"I suffered greatly with my head and with backache, was weak, dizzy, nervous, with hot flashes and felt very miserable, as I was irregular for two years. One day when I was feeling unusually bad, my sister-in-law came in and said, 'I wish you would try Lydia E. Pinkham's Compound.' So I began taking it and I am now in good health and am cured. I took the Compound three times a day after meals, and on retiring at night. I always keep a bottle in the house."—Mrs. L. N. BURNHAM, 85 Globe Ave., Jamaica, N. Y.

Women who recover their health naturally tell others what helped them. Some write and allow their names and photographs to be published with testimonials. Many more tell their friends.

If you need a medicine for Women's Ailments, try Lydia E. Pinkham's Vegetable Compound. Write Lydia E. Pinkham's Medicine Co. (confidential) for anything you need to know about these troubles.—Advt.

POLICE INSPECTORS GOING TO THE WOODS WEDDING

Arrangements Complete for the Commissioner's Marriage to Miss Helen Hamilton.

Arrangements for the wedding of Police Commissioner Woods and Miss Helen M. Hamilton, a granddaughter of the late J. Pierpont Morgan, on June 10, are complete. The Police Inspectors of the city will attend in a body at the invitation of the Commissioner.

The ceremony will take place in St. Luke's Chapel at Stirlington, N. Y., the home of Mr. and Mrs. William Pierson Hamilton, the parents of the bride. Bishop Philip Rhinelander of Philadelphia, an uncle of Miss Hamilton, will conduct the service at 12:45 o'clock.

As the chapel is small only the families and closest friends of Commissioner Woods and Miss Hamilton will be present, but there will be a large reception afterward at Table Rock, the Hamilton home.

Miss Hamilton will have no bridesmaids, but will be attended by her little eight-year-old sister, Elizabeth Schuyler Hamilton, as maid of honor.

David M. Goodrich will be Commissioner Woods's best man. The ushers are to be Pierpont L. Hamilton, Laurens M. Hamilton, Chalmers Wood Jr. and Francis R. Appleton.

FRECKLES

Don't Hide Them With a Veil; Remove Them With the Othine Prescription. This prescription for the removal of freckles was written by a prominent physician and is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold by any druggist under guarantee to refund the money if it fails.

Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely. Be sure to ask the druggist for the double strength Othine; it is this that is sold on the money-back guarantee.—Advt.

S. S. 'MANDALAY'

SUNDAY TRIPS UP THE HUDSON
 June 4, 11 and 18
 Leave Battery 9:15, West 12th St., 10:15
 Arrive Yonkers 11:00 A. M.
 Round Trip 75 Cts.
 Stopping at HIGHLAND FALLS for WEST POINT, MERIC, DANCING, Tel. Broad 175-3283

KEANSBURG, N. J. Hosts for Battery week 2-4-10-15-20-25-30-35-40-45-50-55-60-65-70-75-80-85-90-95-100-105-110-115-120-125-130-135-140-145-150-155-160-165-170-175-180-185-190-195-200-205-210-215-220-225-230-235-240-245-250-255-260-265-270-275-280-285-290-295-300-305-310-315-320-325-330-335-340-345-350-355-360-365-370-375-380-385-390-395-400-405-410-415-420-425-430-435-440-445-450-455-460-465-470-475-480-485-490-495-500-505-510-515-520-525-530-535-540-545-550-555-560-565-570-575-580-585-590-595-600-605-610-615-620-625-630-635-640-645-650-655-660-665-670-675-680-685-690-695-700-705-710-715-720-725-730-735-740-745-750-755-760-765-770-775-780-785-790-795-800-805-810-815-820-825-830-835-840-845-850-855-860-865-870-875-880-885-890-895-900-905-910-915-920-925-930-935-940-945-950-955-960-965-970-975-980-985-990-995-1000-1005-1010-1015-1020-1025-1030-1035-1040-1045-1050-1055-1060-1065-1070-1075-1080-1085-1090-1095-1100-1105-1110-1115-1120-1125-1130-1135-1140-1145-1150-1155-1160-1165-1170-1175-1180-1185-1190-1195-1200-1205-1210-1215-1220-1225-1230-1235-1240-1245-1250-1255-1260-1265-1270-1275-1280-1285-1290-1295-1300-1305-1310-1315-1320-1325-1330-1335-1340-1345-1350-1355-1360-1365-1370-1375-1380-1385-1390-1395-1400-1405-1410-1415-1420-1425-1430-1435-1440-1445-1450-1455-1460-1465-1470-1475-1480-1485-1490-1495-1500-1505-1510-1515-1520-1525-1530-1535-1540-1545-1550-1555-1560-1565-1570-1575-1580-1585-1590-1595-1600-1605-1610-1615-1620-1625-1630-1635-1640-1645-1650-1655-1660-1665-1670-1675-1680-1685-1690-1695-1700-1705-1710-1715-1720-1725-1730-1735-1740-1745-1750-1755-1760-1765-1770-1775-1780-1785-1790-1795-1800-1805-1810-1815-1820-1825-1830-1835-1840-1845-1850-1855-1860-1865-1870-1875-1880-1885-1890-1895-1900-1905-1910-1915-1920-1925-1930-1935-1940-1945-1950-1955-1960-1965-1970-1975-1980-1985-1990-1995-2000-2005-2010-2015-2020-2025-2030-2035-2040-2045-2050-2055-2060-2065-2070-2075-2080-2085-2090-2095-2100-2105-2110-2115-2120-2125-2130-2135-2140-2145-2150-2155-2160-2165-2170-2175-2180-2185-2190-2195-2200-2205-2210-2215-2220-2225-2230-2235-2240-2245-2250-2255-2260-2265-2270-2275-2280-2285-2290-2295-2300-2305-2310-2315-2320-2325-2330-2335-2340-2345-2350-2355-2360-2365-2370-2375-2380-2385-2390-2395-2400-2405-2410-2415-2420-2425-2430-2435-2440-2445-2450-2455-2460-2465-2470-2475-2480-2485-2490-2495-2500-2505-2510-2515-2520-2525-2530-2535-2540-2545-2550-2555-2560-2565-2570-2575-2580-2585-2590-2595-2600-2605-2610-2615-2620-2625-2630-2635-2640-2645-2650-2655-2660-2665-2670-2675-2680-2685-2690-2695-2700-2705-2710-2715-2720-2725-2730-2735-2740-2745-2750-2755-2760-2765-2770-2775-2780-2785-2790-2795-2800-2805-2810-2815-2820-2825-2830-2835-2840-2845-2850-2855-2860-2865-2870-2875-2880-2885-2890-2895-2900-2905-2910-2915-2920-2925-2930-2935-2940-2945-2950-2955-2960-2965-2970-2975-2980-2985-2990-2995-3000-3005-3010-3015-3020-3025-3030-3035-3040-3045-3050-3055-3060-3065-3070-3075-3080-3085-3090-3095-3100-3105-3110-3115-3120-3125-3130-3135-3140-3145-3150-3155-3160-3165-3170-3175-3180-3185-3190-3195-3200-3205-3210-3215-3220-3225-3230-3235-3240-3245-3250-3255-3260-3265-3270-3275-3280-3285-3290-3295-3300-3305-3310-3315-3320-3325-3330-3335-3340-3345-3350-3355-3360-3365-3370-3375-3380-3385-3390-3395-3400-3405-3410-3415-3420-3425-3430-3435-3440-3445-3450-3455-3460-3465-3470-3475-3480-3485-3490-3495-3500-3505-3510-3515-3520-3525-3530-3535-3540-3545-3550-3555-3560-3565-3570-3575-3580-3585-3590-3595-3600-3605-3610-3615-3620-3625-3630-3635-3640-3645-3650-3655-3660-3665-3670-3675-3680-3685-3690-3695-3700-3705-3710-3715-3720-3725-3730-3735-3740-3745-3750-3755-3760-3765-3770-3775-3780-3785-3790-3795-3800-3805-3810-3815-3820-3825-3830-3835-3840-3845-3850-3855-3860-3865-3870-3875-3880-3885-3890-3895-3900-3905-3910-3915-3920-3925-3930-3935-3940-3945-3950-3955-3960-3965-3970-3975-3980-3985-3990-3995-4000-4005-4010-4015-4020-4025-4030-4035-4040-4045-4050-4055-4060-4065-4070-4075-4080-4085-4090-4095-4100-4105-4110-4115-4120-4125-4130-4135-4140-4145-4150-4155-4160-4165-4170-4175-4180-4185-4190-4195-4200-4205-4210-4215-4220-4225-4230-4235-4240-4245-4250-4255-4260-4265-4270-4275-4280-4285-4290-4295-4300-4305-4310-4315-4320-4325-4330-4335-4340-4345-4350-4355-4360-4365-4370-4375-4380-4385-4390-4395-4400-4405-4410-4415-4420-4425-4430-4435-4440-4445-4450-4455-4460-4465-4470-4475-4480-4485-4490-4495-4500-4505-4510-4515-4520-4525-4530-4535-4540-4545-4550-4555-4560-4565-4570-4575-4580-4585-4590-4595-4600-4605-4610-4615-4620-4625-4630-4635-4640-4645-4650-4655-4660-4665-4670-4675-4680-4685-4690-4695-4700-4705-4710-4715-4720-4725-4730-4735-4740-4745-4750-4755-4760-4765-4770-4775-4780-4785-4790-4795-4800-4805-4810-4815-4820-4825-4830-4835-4840-4845-4850-4855-4860-4865-4870-4875-4880-4885-4890-4895-4900-4905-4910-4915-4920-4925-4930-4935-4940-4945-4950-4955-4960-4965-4970-4975-4980-4985-4990-4995-5000-5005-5010-5015-5020-5025-5030-5035-5040-5045-5050-5055-5060-5065-5070-5075-5080-5085-5090-5095-5100-5105-5110-5115-5120-5125-5130-5135-5140-5145-5150-5155-5160-5165-5170-5175-5180-5185-5190-5195-5200-5205-5210-5215-52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